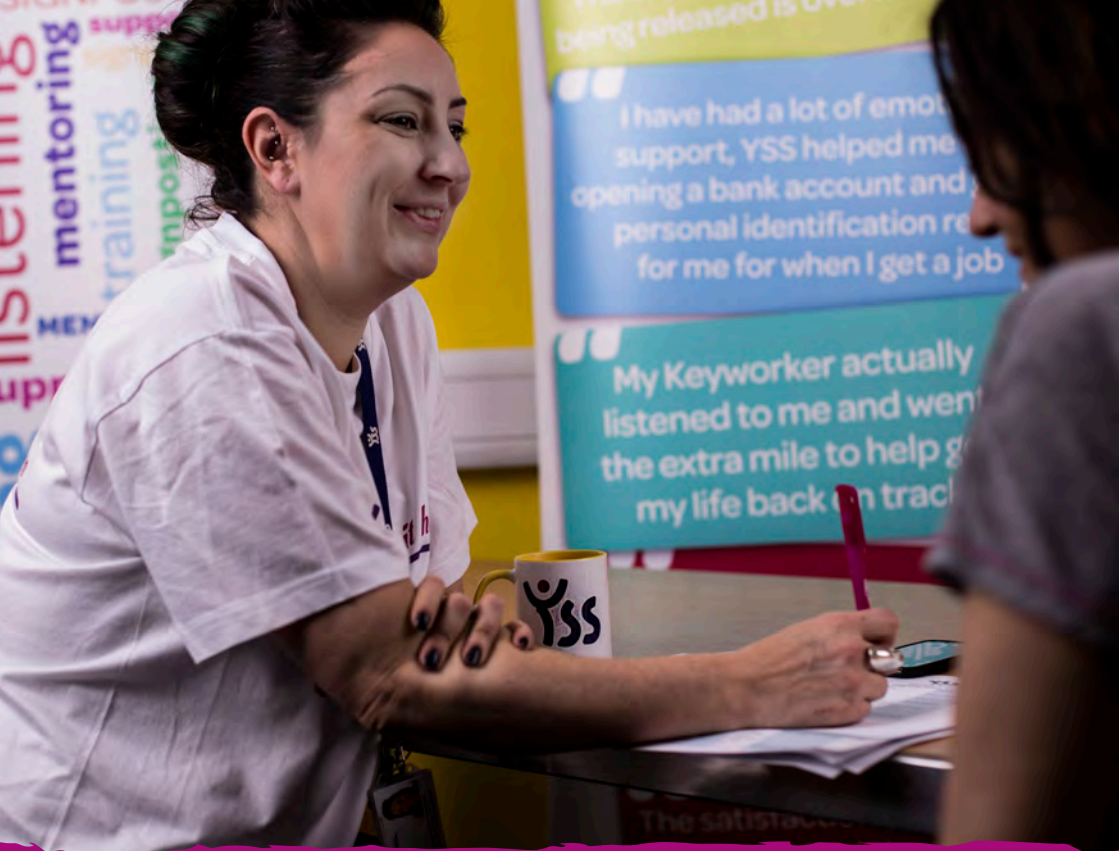




**Skills4Life**

**SMALLWOODTRUST**



**YSS is an independent charity that works with some of the most marginalised people in society. These include children as young as seven who are acting as young carers, families who need additional support and people coming out of prison. YSS is there to support and empower people to make positive choices and have better lives. Many of the people we help have little of what most of us take for granted – whether that is a roof over our head, positive family relationships, strong friendships, good health or financial resilience.**

## **What is Skills4Life?**

In partnership with the Smallwood Trust, YSS is running a two year project, Skills4Life, aimed at women aged 18 years and over who want to improve their financial knowledge and resilience. A fifth of women – around 5.1 million – live in poverty in the UK, compared to 4.4 million men. As women are often the sole carer for families, their financial resilience greatly impacts on children.

## **How can Skills4Life help?**

Skills4Life can support women to become more financially independent and resilient. We will provide women with the knowledge, skills and confidence to manage their money effectively. Training around finances is provided along with resources to support your learning, and advice given to improve your financial situation. We will be running group sessions as well as providing one to one support remotely and in person.



### **Modules include:**

- How to manage a budget
- Managing your bank account
- How to prepare for employment
- Becoming confident with your communication skills
- Managing your debt
- How to save more money
- CV skills
- Interview skills
- Keeping safe against Cybercrime

### **Where is Skills4Life delivered?**

Skills4Life is delivered throughout West Mercia: Herefordshire and Worcestershire, Shropshire and Telford & Wrekin.

**“We’re delighted to launch this new service particularly at this time, when we’re already seeing women being hit hardest by the impact of Coronavirus. Skills4Life complements our Chrysalis women’s service, which is empowering women in the Criminal Justice System and their families, to overcome disadvantage and poverty.”**

Debb Grantham, YSS Director

# GET INVOLVED



## Want to get involved?

If you'd like to get involved with the Skills4Life project you can do so by volunteering as a MoneyMentor or a Community Worker. For more information please see the volunteer job descriptors.

We recruit volunteers from all walks of life, we do not expect you to have any specific education or formal qualifications. But you must be aged 18+.

## Contact Skills4Life

For more information, or to make a referral, please contact:

### Shibrana Miles

Community Engagement Worker  
07736910297

Shibrana.miles@yss.org.uk

Find us on Facebook: YSS Skills4Life

## Get in touch!

To find out more about the services YSS delivers, or how you can get involved, please get in touch with us, we'd love to hear from you!



**Established 1986**

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**Patron: HRH the Princess Royal**

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